



ACADEMIC YEAR

2026 – 2027

NAVAL ACADEMY PREPARATORY SCHOOL

Information Document

-and-

Required Pre-reporting Checklists

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Mission of NAPS

To enhance midshipman and cadet candidates' moral, mental, and physical foundations in order to prepare them for success at the United States Naval Academy and the United States Coast Guard Academy.

An Officer's Career



Inscribed in Latin above the bronze doors of the Naval Academy Chapel are the words “Non Sibi Sed Patriae,” which means “Not for Self, But for Country.”

Midshipmen embrace the motto the moment they take the Midshipmen's Oath. This commitment is a part of their lives for as long as they are commissioned officers.

The education and training at the United States Naval Academy (USNA) is for one purpose only: to prepare young men and women morally, mentally, and physically

to be officers in the U.S. Naval Service. Students at the Naval Academy Preparatory School (NAPS) should be under no illusion in this regard. The mission of NAPS is to prepare them for the U.S. Naval Academy and U.S. Coast Guard Academy. As a midshipman or cadet candidate at NAPS, you will embark on a new and demanding way of life. Your challenges will be great, but equally rewarding.

Introduction



The ten-month course of instruction at NAPS, lasting from July through May, emphasizes preparation in English, mathematics, chemistry, and physics. Academic placement and course load depends on an individual's demonstrated ability, previous education, and an individual's aptitude for success.

Demanding military, physical, and character development programs complement the rigorous academics in order to prepare candidates for the challenges of Academy life. As part of the development program,

NAPS offers a varsity athletics program, which allows candidates to compete against other preparatory schools, junior colleges, and collegiate junior varsity teams.

NAPS is an opportunity to prepare oneself for the U.S. Naval Academy and U.S. Coast Guard Academy. The four years spent at the Academy will be followed by a rewarding professional career as a commissioned Navy, Marine Corps, or Coast Guard officer in the service of our country. There is a five-year service obligation following Academy graduation and commissioning.

History of NAPS

NAPS is the Navy's fourth oldest school; only the U.S. Naval Academy, U.S. Naval War College, and Naval Postgraduate School precede it. Informal preparatory classes began as early as 1915. The first official classes were established at Naval Station Newport and Naval Station San Francisco in 1920, with the initial intent of training enlisted service members for the Naval Academy. In 1943, NAPS moved to the Bainbridge Naval Training Center, near Baltimore Maryland. In 1968, NAPS admitted its first "direct entry" candidates with no prior enlisted service. In August 1974, NAPS returned to Newport permanently.

Admission to NAPS

General Requirements

Candidates at NAPS must be of good moral character; not married; have no dependent children (nor be pregnant); and be at least 17 years of age, but not yet 23 by the start of Plebe Summer at the U.S. Naval Academy or Swab Summer at the U.S. Coast Guard Academy. Civilians selected to attend NAPS must enlist in the Navy Reserve prior to reporting to NAPS in July. This process is explained thoroughly in your check-in paperwork.

Medical & Physical Requirements

Candidates must be in excellent physical condition and pass the same comprehensive medical examination required for acceptance to the U.S. Naval Academy.

Midshipman candidates should refer to the Medical Considerations for Admissions for a complete description of requirements, including height and weight standards here: https://www.usna.edu/Admissions/files/Medical_Appendix_24.pdf#search=Medical%20programs

All midshipman candidates and cadet candidates will undergo testing for drug and alcohol usage within 72 hours of arrival at NAPS. This screening will detect recent alcohol use and drug use within the past several months. **A positive drug test will be grounds for immediate disenrollment from NAPS.**

Additional information regarding medical requirements and support while at NAPS can be found in later sections.

Academics

The Academic Department cultivates agile and critical thinkers. Our dynamic, experienced faculty leverages innovative pedagogical approaches, integrating hands-on laboratory experiences with engaging classroom instruction in foundational STEM fields (chemistry, mathematics, and physics) and essential communication skills (English). They prioritize the development of sophisticated problem-solving and analytical capabilities, crucial for navigating complex and contemporary global challenges. Through a focused trimester system, they provide a rigorous and supportive learning environment, fostering deep understanding and culminating in comprehensive assessments that ensure candidates are exceptionally well-prepared for future academic and military success.

Chemistry Division

The chemistry division has three tracks in its curriculum: foundation, intermediate, and advanced. Placement depends upon standardized test scores, transcripts, and placement tests administered during indoctrination. All three tracks use the same collegiate text; the intermediate and advanced tracks typically cover topics with more breadth and depth than foundation track. Topics include atomic structure, periodic trends, chemical stoichiometry, gas laws, intermolecular forces, colligative properties, chemical equilibrium, and acid-base chemistry in water. Critical thinking is developed in the classroom and laboratory with cooperative learning experiences designed to develop a systematic approach to problem solving.

English Division

NAPS English focuses on developing effective writers, articulate speakers, discerning close readers, and strong critical thinkers so that graduates are ready for college-level English courses. Students learn how to manage the rhetorical situation and use the writing process--prewriting, drafting, revising, peer review, conferencing--when composing a variety of assignments including, short essays, formal papers, research projects, and presentations. Students read, annotate, analyze, and discuss a variety of academic texts of various genres, lengths, and complexities. Students learn and apply skills critical to effective public speaking and oral presentations. Finally, the curriculum culminates with a multi-genre writing portfolio that requires students to take ownership of and engage fully in the writing process to produce top-rate work.

Mathematics

Mathematics at NAPS strengthens the students' knowledge of algebraic and trigonometric concepts providing a strong foundation for calculus. Placement in the foundation, intermediate, or advanced mathematics program depends upon standardized test scores, transcripts, and a placement test administered during the Indoctrination phase of training.

- *Foundation Level:* algebra, pre-calculus and trigonometry.
- *Intermediate Level:* topics in the foundation program plus an introduction to calculus.
- *Advanced Level:* for students with a strong mathematics background; consists of those topics included in the intermediate program plus differential calculus.

Physics

The physics program is a multi-tiered system. Placement is dependent upon the academic background in both physics and mathematics. For prior-enlisted students, naval technical school records may be used in lieu of high school records. A variety of teaching methods are employed including, but not limited to, traditional lectures, demonstrations, peer-instruction, computer animations, laboratory activities, and real-time interactive response systems (iClicker).

- *Foundation Level:* This level encompasses the majority of the student body. It is a traditional algebra-based physics course, typically focusing on the core topics which are essential to having a basic understanding of Newtonian physics and electromagnetism. The pace of the course is slower to allow more time for each topic and to emphasize the fundamental physics and algebra skills.
- *Intermediate Level:* Also algebra-based, but more moderately-paced and covering a wider range of topics than Foundation. Students must have a solid foundation of algebra skills, which allows for more in-depth analysis of topics.
- *Advanced Level:* A calculus-based course, on par with an introductory college-level Physics course. The faster pace and higher level mathematics allows for more rigorous coverage of almost all major topics, especially some of the tougher topics in electromagnetism. All students of this course (and occasionally some from Intermediate Physics) are given the opportunity to test out of USNA's physics courses.

Military

All midshipman and cadet candidates are in an active duty military status for their year at NAPS, which is the first step in a five-year officer accession program.

The primary goals of the NAPS military staff are to develop character, integrity, and grit; to nurture pride in oneself and the warfighting organization; to develop standards of personal appearance; and to introduce the naval services' core values of "Honor, Courage, and Commitment." These are all qualities that are essential for successful military officers and future combat leaders.

Honor Concept

Living honorably is central to the character of a midshipman or cadet candidate. The Honor Concept of the Naval Academy Preparatory School is the ethical baseline that reaffirms each candidate's commitment to doing that which is right. It is derived from the Honor Concept used by the Brigade of Midshipmen at the

United States Naval Academy. The purpose of the Honor Concept is to enhance the moral development of future midshipmen and cadets as well as to promote trust and confidence within the NAPS Battalion.

NAPS Honor Concept

Midshipman Candidates are persons of integrity:

WE STAND FOR THAT WHICH IS RIGHT.

We tell the truth and ensure that the full truth is known.

WE DO NOT LIE.

We embrace fairness in all actions. We ensure that work submitted as our own is our own, and that assistance received from any source is authorized and properly documented.

WE DO NOT CHEAT.

We respect the property of others and ensure that others are able to benefit from the use of their own property.

WE DO NOT STEAL.

Indoctrination and Daily Life



The Indoctrination phase of training is a three-week course of basic military training during July and August. A cadre of USNA/USCGA midshipmen and cadets assist NAPS' military staff in the military indoctrination before the academic year begins.

The daily routine and military discipline at NAPS will help candidates prepare for the demanding military standards of the Academy. Approximately 270 candidates comprise the NAPS battalion. The battalion is divided into three companies with approximately 90 students in each company. Each company is made up of two platoons.

There are many opportunities for candidates to develop leadership experience. Candidate battalion leadership positions are filled based on demonstrated leadership abilities. Different leaders serve each trimester and are known as "Stripers." Those candidates assigned to positions of leadership within the Battalion are responsible for the discipline, supervision, and welfare of their fellow candidates.

With the exception of the Stripers, all NAPS midshipman and cadet candidates have equal seniority and authority. All candidates will wear the Navy Working Uniform, the USNA Working Blue Uniform, the Navy Officer Service Dress Blue Uniform or service specific (Coast Guard) uniforms with the NAPS device affixed.

Liberty may be granted on weekends, requiring candidates to return at a designated time each night. As the year progresses, "overnight liberty" may be awarded based on academic, athletic, and military performance.

While assigned to NAPS, all candidates will earn approximately 25 days of leave. They will have opportunities to use their leave during scheduled leave periods at Thanksgiving, Christmas, and Spring Break.

Character Development and Military Instruction



A program of character development and military instruction instills Navy core values and promotes the importance of team before self. The foundations of moral courage, honorable conduct, and ethical decision-making are the primary focus. The NAPS military staff leads dedicated training, reinforced by lessons imparted by the entire NAPS team of instructors, coaches, and support personnel. Distinguished guest speakers from USNA, the Navy, Marine Corps, and civilian communities share their own motivating and inspirational messages.

Athletics & Physical Mission



The NAPS physical mission provides learning opportunities for teamwork, leadership, perseverance, and good sportsmanship while developing a passion for winning and creating a foundation for life-long personal conditioning and fitness.



Each midshipman and cadet candidate will take the Naval Academy's Physical Readiness Test four times. This test consists of push-ups, planks, and a 1.5 mile run. The test will be used to judge physical fitness. Extra instruction is available to all who demonstrate a need for group or individual training through which to improve their fitness level. Along with physical fitness, NAPS will test each midshipman and cadet candidate on their swimming abilities and provide instruction for those who need improvement.

The Athletic Department offers six varsity sports throughout the academic year. Each sport will offer open tryouts for midshipman and cadet candidates. Athletes must be in good academic standing in order to participate on a NAPS athletic team. NAPS athletic teams play a competitive schedule consisting of prep schools, junior colleges, and college JV teams. Teams will compete mostly in the local area, with some competitions in Annapolis, MD.

Other fitness offerings include club sports and activities such as yoga, spin, combatives, soccer, pilates, and more.

Midshipman and cadet candidates are welcome and encouraged to use the Naval Station Newport fitness center, which includes weight and cardio equipment, basketball court, pool, and fitness classes.



NAPS Sports Program Schedule

Fall Sports:

- Football
- Cross Country (co-ed)

Winter Sports:

- Wrestling
- Men's Basketball
- Indoor Track and Field (co-ed)

Spring Sports:

- Lacrosse
- Outdoor Track and Field (co-ed)

NAPS Club Opportunities*

- Chess Club
- Co-ed Soccer
- Semper Fi Society
- Combatives/Boxing Club
- Pilates Club
- Yoga
- Spin

* Club offerings depend upon interest. Other opportunities may be offered if there is sufficient interest.

Command Services & Support

The Command Services Department staff and faculty provide administrative, personnel, logistical, information technology (IT), and life skills support to midshipman / cadet candidates.



Admin/Personnel*

The admin/personnel office provides direct support to the candidates for all of their administrative needs to include:

- Enrollment & Military Accession
- Identification and Documentation
- Pay and Allowances
- Military Orders, Evaluations, and Advancements

Additional information regarding the required enrollment paperwork each candidate must have upon arrival at NAPS can be found [here](#).

*** Note: Coast Guard cadet candidate administration is provided through USCGA.**

Logistics

NAPS' supply office provides fiscal and procurement services in support of all military, athletic, and academic requirements. In addition, supply staff operate the mail room ensuring receipt and delivery of letters and parcels.

Information Technology (IT)

NAPS IT will issue a government laptop computer to each candidate. Each candidate will be given an account on the NAPS network.

Due to network security concerns, the connection of personal electronic devices to any NAPS computer or to the NAPS network is STRICTLY prohibited. This includes cell phones, smart watches, audio devices, digital cameras, wireless routers, hubs, extra storage devices/drives, and personal printers.

Midshipman and cadet candidates are allowed to bring their personal electronic devices (laptop/tablet/smart phone/smart watch) to NAPS. Commercial WiFi service is available within NAPS barracks spaces and can be purchased through the authorized provider (goWiFi Navy).

Life Skills

A Life Skills instructor is available to provide resources to meet the social and developmental needs of the NAPS battalion and to provide life skills instruction in a variety of areas.

Appointment to the U. S. Naval Academy

*** For USCGA requirements consult with USCGA admissions**

The Naval Academy Admissions Board will offer appointments to the U.S. Naval Academy to qualified midshipman candidates at the end of the academic year. Candidates will not be required to resubmit an application to USNA. Appointment criteria generally include:

- Successful completion of the full course of instruction at NAPS (>2.20 GPA)
- No failing grade in any subject during the last trimester
- Pass the USNA Physical Readiness Test
- Body composition within USNA standards
- In good standing with honor and conduct
- Favorable recommendation from NAPS' Commanding Officer
- Improvement on the ACT if required to take
- No GPA drop > 0.35 between marking periods
- Other requirements as directed by USNA Admissions

Nomination Requirements

Every midshipman candidate is required to apply/re-apply for a nomination from each source for which he/she is eligible. For most, this includes the following:

- Vice President
- Both Senators
- Congressional representative

Nominations received in your 2026 application process do not carry over, so all USNA candidates will need to reapply. The nomination process must be started before reporting to NAPS. NAPS military staff will assist and track midshipman candidates through this process. Nominations to USNA are distinct from applications to USNA.

Post-Graduation Transfer

Midshipman candidates who entered NAPS as civilians, referred to as “Direct Entries,” and who receive their USNA appointment, will normally receive approximately six weeks of leave without pay before reporting to the Naval Academy. During this period, they will be authorized to receive urgent care at a military treatment facility if sick/injured. However, parents should consider keeping their son/daughter on their health policy to ensure full coverage during this period.



Midshipman candidates who entered NAPS as “Direct Entries” and who do not receive their USNA appointment will be processed for discharge from the Navy Reserve.

Midshipman candidates who entered NAPS as prior-enlisted and who receive their USNA appointment can utilize accrued leave between departing NAPS and reporting to USNA.

Midshipman candidates who entered NAPS as prior-enlisted and do not receive or accept a USNA appointment will receive follow-on orders based on their existing enlistment contracts, prioritizing the needs of the Navy and Marine Corps.

Arrival and Checking Aboard

Naval Station Newport



NAPS is located aboard Naval Station Newport, Rhode Island. It provides numerous facilities for use by midshipman and cadet candidates. The Chapel of Hope provides religious services for several denominations. Midshipman and cadet candidates also have the privilege of shopping at the Navy Exchange (NEX) and base commissary. Also located in the NEX area is a recreation center (which includes a bowling alley, game room, and recreation center) and the uniform shop (which provides a variety of uniform items, tailoring, and dry-cleaning services).

Transportation to NAPS

If you arrive by air, it is recommended that you schedule your flight through the T.F. Green Airport (PVD) located in Warwick, Rhode Island. Plan to arrive at Naval Station Newport Gate 1, located at 1 Training Station Rd. Newport, RI. A Base Access form (SECNAV 5512) must be filled out for guests 18 years of age and older. Individuals who have not been cleared for base access will NOT be allowed to enter the base with their prospective candidate. Instructions on submitting base access requests are available via the official NAPS webpage: <https://www.usna.edu/NAPS/Visit/Visitor-Base-Access.php>

Car rental is recommended if traveling with family. Car rental is available at the airport, as are taxi and ride-share services. Taxi and ride-share services are reimbursable; a **rental car is not reimbursable**. If you experience problems, contact the **NAPS Command Duty Officer (CDO) at 401-641-0752**.

USCG Cadet Candidates will initially report to the U.S. Coast Guard Academy in New London and will be transported to Newport by USCGA personnel on I-Day. USCGA Admissions will provide specific details to cadet candidates.

Travel Reimbursement

Candidates are the only members entitled to travel reimbursement. Travel expenses incurred by somebody else such as a parent will only be reimbursed to the individual candidate (i.e., when booking a room, include the candidate's name on the booking). Please note that candidates will only be reimbursed for travel expenses based on the amount that it would cost the government to purchase the same ticket. For example:

A one-way flight from Baltimore, MD (BWI) to T. F. Green Airport in Providence, RI (PVD), has a government fare of approx. \$341.00. The reimbursable amount to the candidate traveling from Baltimore therefore will not exceed \$341.00, regardless of the actual purchase price.

***NOTE* Tickets purchased using frequent flyer miles cannot be reimbursed.**

You can use the City Pair Program (CPP) in the link below to look up government fares.

<https://www.gsa.gov/travel/plan-a-trip/transportation-airfare-rates-pov-rates-etc/airfare-rates-city-pair-program>

If you drive to NAPS, you will be reimbursed for travel expenses based on the standard government mileage rate. The current 2026 privately-owned vehicle reimbursement rate is \$0.20 per mile. Tolls will also be reimbursed; no receipts for tolls are required up to a total of \$75.00. If tolls incurred exceed that amount, receipts will be required.

Lodging Reimbursement

Candidates are entitled to reimbursement for one night of lodging expenses based on the government per diem rate. The summer 2026 lodging rates are \$110 for Warwick, RI (airport area) and \$268 for Newport. This means that the government will only reimburse *up to* and not to exceed those amounts. Of note, all lodging receipts must show a zero balance and be in the name of the candidate. A zero balance receipt means that there is no more money owed to the hotel. Lodging receipts under a family member's name other than the candidate cannot be reimbursed.

NOTE Summertime is an extremely busy season in Newport. Lodging options near Newport are often limited and expensive during peak tourism months. Less expensive lodging is typically available closer to T.F. Green Airport (PVD).

Keep all of your receipts, including your airline ticket voucher; without them you will not receive full reimbursement for your travel expenses. Airline receipts must indicate the cost and show payment – an itinerary without cost and payment info will not be sufficient. No reimbursement can be made for tickets purchased using frequent flyer miles. At check-in, each prospective midshipman candidate will complete a military travel claim (DD Form 1351-2) for reimbursement of allowable expenses. Having all required receipts will expedite the reimbursement process.

Arrival by Privately Owned Vehicle

Base Access: Access to Naval Station Newport is strictly controlled. Those without regular access to Department of War (DoW) facilities (active duty or retired military; DoW civilian employees, etc.) **must** be cleared for access via a background check. Prospective midshipman candidates will be granted access by showing their “Active Duty Orders” which direct them to report to NAPS. However, all others must be vetted prior to being granted base access. **NAPS will contact all prospective candidates to collect the personal information required to allow base access for any individuals 18 years and older.** All those cleared for base access must have valid photo identification.

The following documentation will be required for candidates entering base:

- Military orders and/or correspondence directing you to report to NAPS (for the candidate)
- A valid form of identification for each person 18 years and older cleared to enter the base. Examples of accepted identification:
 - Driver’s license or State ID issued by a Real ID compliant state (**must not say “Not for Federal Identification”**)
 - Current Student ID with photo (for those under 18 years of age only)
 - Passport
 - Permanent Resident Card (Green Card)
 - Military ID card (CAC)
 - Military dependent’s ID card

You will be directed to enter the Naval Station through Gate 1. When passing through Gate 1, the driver will be required to show a picture identification card (i.e., passport, driver’s license, state identification card, school identification card).

Individuals who have not been cleared for base access will NOT be allowed to enter the base with their prospective candidate.

A Base Access form (SECNAV 5512) must be filled out for each person 18 years of age and older.

Instructions on how to submit the forms are posted on the USNA website:
<https://www.usna.edu/NAPS/Visit/visitor-base-access.php>

Maps and Directions

Enter “1 Training Station Road, Newport, RI” into your GPS device to take you to Gate 1. Upon entry to the Naval Station, “NAPS Event” signs will be posted along the road to NAPS at the intersection of Elliot Ave and Vaughan.



NAPS Indoctrination timeline

- Tuesday, 21 July 2026
 - Induction Day (I-Day) for NAPS Class of 2027
 - Oath Ceremony; Families can attend
- Friday, 7 August 2026
 - Completion of Indoctrination
- Tuesday 11 August 2026
 - First day of class

ARRIVAL TIMES

Required Arrival Times

THERE ARE SEVERAL REPORT-TIME ARRIVAL WINDOWS. CANDIDATES WILL EACH BE GIVEN A SPECIFIC TIME WINDOW TO REPORT. ALL REPORT TIMES ARE ANTICIPATED TO BE PRIOR TO NOON.

Do not make flight reservations until you receive your specific reporting instructions.

Arrival Protocol

Checking In. Plan for hot and humid conditions. Report to NAPS wearing lightweight slacks, short sleeve collared shirt or blouse, and closed-toe shoes. Running shoes are acceptable.

Males must report with a satisfactory haircut. Beards and mustaches are not allowed and all men must be freshly shaven.

The day of arrival is a long and taxing event. It is important that candidates arrive fed and properly hydrated. Be aware that dining options on base are extremely limited for civilians.

Prior military service members should arrive in Service Dress White (Navy) or Service "A" (USMC). You will be directed to change into the appropriate uniform upon completion of the check-in process.

Pack lightly. **IF YOU BRING IT, YOU MUST CARRY IT.** Collapsible luggage with a lockable device attached is recommended. Living quarters in Ripley Hall are small and storage is limited. Candidates will wear their military uniforms the majority of their time at NAPS.

Important documents needed for the check-in process are identified in the [Administrative Checklist](#). Arrive with a pocket folder, which will be carried with you to the initial check-in station. Do not leave these documents in your baggage or with your family.

****NOTE: If unforeseen circumstances arise which will impact your on-time arrival on I-Day, call the NAPS Command Duty Officer (CDO) at 401-641-0752 as soon as possible.**



Prohibited Items. Leave alcohol, illicit drugs to include any THC/CBD products, fake IDs, pornographic material, firearms, and weapons (e.g., airsoft, orbeez, etc.) at home. Unauthorized contraband will be confiscated. Introducing these items onto NAPS' premises may result in immediate dismissal. Over-the-counter medications are permitted but will be inspected upon arrival.

Medical Advisories, Information, and Services

DoDMERB Advisory

If there are any changes in the prospective candidate's health since his/her Department of Defense Medical Exam Review Board (DoDMERB) examination, the USNA Admissions Medical Liaison must be notified in writing. Areas of particular concern are:

- Any and all surgery (orthopedic, oral, etc.)
- Any hospitalization/ER visits
- Orthopedic injuries (broken bones, joint injuries, or any other musculoskeletal injuries)
- Head injuries/concussions
- Pregnancy
- Vision changes
- Loss of consciousness
- Mental health changes
- Any condition which might preclude full participation in the rigorous indoctrination phase of training

Mail or fax documentation of any changes in your health status since your DoDMERB examination to:

USNA Admissions Office Nominations and Appointments

Attn: Medical Liaison
Halsey Field House
52 King George St.
Annapolis, MD 21402-5018

Contact Number: (410) 293-4381
Fax: (410) 293-1819

Medical In-Processing

On I-Day, all prospective candidates will undergo a brief medical examination to ensure physical qualification for admission to the Naval Academy. Prospective candidates must pass this examination to be inducted. In most cases, this will be a routine screening examination to confirm that no problems have developed since the date of the last DoDMERB examination. However, it is the responsibility of the prospective candidate to inform the medical screening team of any health changes so they may conduct a more in-depth medical screening.

Be aware that on the day you report to NAPS, you must be within the weight and body fat standards applied at your DoDMERB examination, or you risk disqualification.

Dental In-Processing

The USNA Office of Admissions assumes that all new midshipman candidates will arrive at NAPS with excellent medical and dental health. Prospective midshipman candidates must report ready to undertake the extremely rigorous indoctrination phase of training, uninterrupted by medical or dental conditions that would detract from the training.

While assigned to NAPS, midshipman candidates will have access to the Branch Dental Clinic located on the naval station. The Branch Dental Clinic will provide all general and specialty dental care required. It is strongly suggested that each prospective midshipman candidate have a complete dental examination performed by his/her family dentist prior to Induction Day. This will ensure any acute dental conditions are treated prior to enrollment.

Examples of acute dental conditions include:

- Any cavities or tooth decay requiring restoration or extraction
- Any wisdom teeth indicated for extraction

Please note: any dental surgery must take place **at least four weeks prior to I-Day** in order to treat any post-operative complications.

All prospective midshipman candidates who are undergoing active orthodontic treatment will need a waiver from the USNA Admissions Office. A waiver to enroll into NAPS with braces will be submitted during the application process. It is important to note that even if a waiver is granted, Branch Dental clinic does not provide this type of orthodontic service. Since this type of service is considered cosmetic, there will be no financial compensation for outside civilian care. On I-Day, prospective midshipman candidates with this type of orthodontic issue must have a copy of their initial treatment plan and all orthodontic records as well as any civilian orthodontic care they intend to seek while assigned to NAPS.

A dental screening examination will be conducted during the Indoctrination phase of training. Prospective midshipman candidates are to report their most recent dental check-up, including third molar (wisdom tooth) evaluations by a general dentist and/or an oral surgeon. Additional dental care will be provided throughout the NAPS academic year.

Immunizations

All prospective midshipman candidates must complete the demographics on the Immunization Record for United States Naval Academy Preparatory School. A physician or other licensed health care provider **MUST** complete the vaccination history. **Immunizations are mandatory**

Prospective midshipman candidates are requested to mail one copy and hand-carry two copies to the I-Day Immunization Station. Do not leave this paperwork in your bags. This form is very important, as it will decide which immunizations you require during your year at NAPS. [Refer to vaccination form here](#).

Please mail one copy of the immunization record in ample time to ensure it arrives to NAPS prior to 1 July 2026, to the following address:

Naval Academy Preparatory School

ATTN: NAPS Medical
440 Meyerkord Ave
Newport, RI 02841

Prospective midshipman candidates must ensure all of the required immunizations are received. Any mandatory vaccines not received prior to I-Day will be given at the King Hall Medical facility. The following vaccines will be administered to both male and females while assigned to NAPS:

- Tdap and Menactra/Menveo vaccines are required. If your provider does not have these vaccines, please do not accept a substitute vaccination. NAPS will ensure each prospective midshipman candidate is inoculated with the necessary and appropriate vaccines.
- Mantoux Tuberculin Skin Test (PPD) must have been performed and documented within the last six months prior to Induction-Day. The PPD form must be returned to the address listed below by **1 July 2026**.
- Human Papillomavirus (HPV) is an optional vaccine that will be provided unless a refusal form is signed on I-Day.

Naval Academy Preparatory School

ATTN: NAPS Medical
440 Meyerkord Ave
Newport, RI 02841

In addition, prospective midshipman candidates **MUST** have **TWO** copies of their completed immunization record. If a healthcare provider has any questions regarding immunizations, the provider can contact the USNA Immunization Clinic at (410) 293-1774. This phone number is for healthcare providers only.

Medical Care While at NAPS

If a midshipman candidate becomes ill or injured, the Navy will provide or pay for the medical care and related expenses incurred as a result of the illness or injury.

The majority of medical care is provided by the Naval Health Clinic New England or by the Clinic's referral program to civilian care facilities. Medical care received in any civilian medical facility without a referral is not authorized and any expenses incurred will not be reimbursed. Exceptions are made for emergency care only. All emergency care at Naval Station Newport is directed to the local civilian hospital in Newport.

If a midshipman candidate's medical condition brings their suitability for admission to the Naval Academy into question, and the Superintendent of the United States Naval Academy does not grant a waiver for the condition, the midshipman candidate will be disenrolled from NAPS.

Medications

Any medications prescribed by a physician must be identified to the medical screening team on I-Day. The medication must be in a labeled container with its written prescription or certified physician's note. The written prescription must contain the following information:

- Name of the medication
- Dosage
- Dates of intended use
- Reason it was prescribed

Prescription medications and written prescriptions must be removed from baggage and carried with the candidate when they begin I-Day processing so that they will be available for review by the medical screening team. The medical screening team will evaluate the documentation and the appropriateness of the medications. It will then be annotated in the prospective midshipman candidate's military medical record in order to authorize its continued use.

Optometry

Please note the following advisories:

- Do not undergo corrective vision surgery (e.g. **PRK, LASEK or LASIK**) as this can be a disqualifier and may not be waived for commissioning.
- If you have a prescription for contacts or eyeglasses, the Navy will issue you military standard eyeglasses.
- Naval Health Clinic New England Optometry does not issue contact lenses, but will update prescriptions so that contact lenses may be purchased at your own expense.
- Bring two pairs of your most recently prescribed eye glasses, and a 6-10-month supply of contact lenses (if you choose to wear them). The optometry clinic will not supply contact lenses.
- Color vision screening will be conducted to confirm normal color vision.
- Your eyeglasses should be valid from at least July 2026 to July 2027 to be considered a current prescription. Have your optometrist fill out "U.S. Naval Academy Candidate Classes Prescription" form and mail the form and one copy of your eyeglasses prescription along with the form by July 1, 2026 to the address listed below:

Naval Academy Preparatory School

ATTN: NAPS Medical
440 Meyerkord Ave
Newport, RI 02841

- **DO NOT WEAR CONTACT LENSES TO I-DAY.** This will hinder an accurate eye exam.

Injury Prevention

All prospective midshipman and cadet candidates should start physical training at least three months prior to their arrival. This will allow the time necessary for the body to adjust to the demanding schedule of the NAPS Indoctrination phase of training. Training during this phase will include:

- Distance running

- Long periods of standing on several different surfaces including a synthetic turf athletic field, athletic track, roads, trails, grass, sand, and gymnasium hardwood floor
- Multiple periods of intense physical activity, including push-ups, pull-ups, sit-ups, squats, lunges, and plyometrics
- Long periods of marching

Prospective midshipman and cadet candidates should not wait until the last minute to prepare for the physical demands of NAPS. It is expected that prospective midshipman and cadet candidates will build up their physical aptitude over a three-month period prior to arrival.



Be prepared for training with at least two **QUALITY** pairs of running shoes. Running shoes should be less than six weeks old and “broken-in” in order to avoid training blisters. **USNA issues Brooks Ghost and Adrenaline models to incoming plebes and NAPS recommends the same for incoming candidates. USNA has seen a notable reduction in medical issues related to footwear since switching to Brooks.**

Midshipman and cadet candidates with flat feet should have a high-quality motion control running shoe to allow for proper mechanics when running. Any prospective midshipman or cadet candidate with a history of lower leg or foot stress fractures, shin splints, tendinitis, or plantar fasciitis should be evaluated at a reputable shoe store for foot position and gait before making shoe purchases. Again, please note USNA’s recommended footwear above.

The majority of injuries incurred during the Indoctrination phase of training are due to candidates’ lack of preparation. The only way to avoid or prevent a significant injury is to prepare your body daily over the three-month period prior to arrival.

Prospective midshipman and cadet candidates should be actively participating in daily stretching, push-up, abs/core, lifting, and cardio programs involving outdoor running on varying surfaces. Training should not be the same every day and should involve warm-up and cool-down periods.

Prospective midshipman and cadet candidates with a history of stress fractures or stress reactions with increased physical training should speak with a healthcare provider about vitamin D and calcium supplementation. However, any supplementation must be approved on I-Day by the same procedures as prescribed medication.

Health Insurance

NAPS strongly recommends prospective midshipman/cadet candidates contact their local health insurance provider to discuss their options of procuring and maintaining private medical insurance in order to ensure continuous medical coverage in the rare case of medical disqualification from NAPS. For this reason alone, having private health insurance already in place is a wise investment.

Tattoos, Brands, Body Piercings

Navy and USNA regulations limit tattoos, body art, and piercings. Midshipman and cadet candidates shall not have body alterations, tattoos, body art, brands, body piercings, or dental ornamentation located anywhere on the body that are prejudicial to good order, discipline and morale, or are of a nature to bring discredit on the naval services. Tattoos that are obscene, sexually explicit, anti-American, anti-social, and/or advocate discrimination based on sex, race, religious, or ethnic origins are prohibited. In addition, tattoos/body art that symbolize affiliation with gangs, supremacist or extremist groups, or advocate illegal drug use are prohibited.

Location: No tattoos are permitted on the head, face (to include ear), neck, and scalp. Permissible tattoos on the torso area of the body shall not be visible through white uniform clothing. Chest tattoos will not be visible when v-neck undergarments are worn underneath any uniform.

Dental Ornamentation: The use of gold, platinum, or other veneers or caps for purposes of dental ornamentation is prohibited. For purposes of this regulation, ornamentation is defined as decorative veneers or caps. Teeth, whether natural, capped, or veneered, will not be ornamented with designs, jewels, initials, etc.

Mutilation: Intentional mutilation of any part of the body is prohibited. Mutilation is defined as the intentional, radical alteration of the body, head, face, or skin for the purpose of, or resulting in, an abnormal appearance.

Pre-existing body alterations must comply with the Naval Academy's policy or be removed at the midshipman candidate's expense unless a waiver is granted by the Naval Academy Body Alteration Review Board. Any prospective midshipman candidate who reports to NAPS with a tattoo, brand, or body piercing that does not conform to the Naval Academy's policy AND who has not received a waiver should anticipate not being inducted into the NAPS battalion.

Contact Information

Admissions & Enrollment

USNA Admissions Office Nominations and Appointments

Attn: Candidate Guidance Office
Halsey Field House
52 King George St.
Annapolis, MD 21402-5018
Contact Number: (410) 293-4361/1839
Fax: (410) 293-1829

Naval Academy Preparatory School

ATTN: Administration Office
440 Meyerkord Ave
Newport, RI 02841
Contact Number: (401) 841-6966

Medical

USNA Admissions Office Nominations and Appointments

Attn: Medical Liaison
Halsey Field House
52 King George St.
Annapolis, MD 21402-5018
Contact Number: (410) 293-4381/1822
Fax: (410) 293-1819

Naval Academy Preparatory School

ATTN: NAPS Medical
440 Meyerkord Ave
Newport, RI 02841
Contact Number: (401) 841-3695

Pre-Arrival Checklists

All prospective Midshipman Candidates are required to fill-out the following Pre-Arrival Checklists.

- Administrative Checklist
- Financial Checklist
- Miscellaneous Checklist
- Personal Items Checklist
- POV Checklist
- Academic Supply Checklist
- Immunization Record
- U. S. Naval Academy Candidate Glasses Prescription Form

Additional information regarding NAPS can be found at:

- Naval Academy Preparatory School's Facebook page (Naval Academy Preparatory School). Please visit/like this page as frequent updates are disseminated via Facebook.
- NAPS Admissions website: <https://www.usna.edu/admission/accepted/NAPS.php>
- NAPS' homepage at www.usna.edu/naps
- Call NAPS at 401-841-6966

Administrative Checklist (Direct-Entry Civilians Only)

*The following Checklist items are required for all “direct entry” prospective candidates.

_____ Letter of Authorization to enlist in the Naval Reserve for NAPS from the Director of Admissions, USNA.

_____ **Original** Social Security Card

_____ Legal photo ID (driver’s license, passport)

_____ **Original** Birth Certificate

_____ DD Form 4, Pages 1-4

_____ DD Form 1966, Pages 1-4

_____ **Active Duty Orders filled in, signed, and stamped “Original”.**

_____ Enlistment Statement of Understanding for Navy Reserve (NAVPERS 1070/613)

_____ Record of Emergency Data (DD FORM 93)

_____ Annex “A”

_____ W-4 (2026)

_____ DD Form 2058

_____ Arrange candidates’ transportation. If desired, make air reservations via the Local recruiting office to Providence, RI, or arrange travel yourself. Shuttle buses from the Providence airport are arranged by NAPS -- OR the member may take taxi/ride-share transportation to the base.

_____ Make three copies of the completed NAPS packet.

--**Copy (1)** Member reports to NAPS with in-hand.

--**Copy (2)** Faxed or FEDEX (preferred method) to the NAPS POC prior to reporting.

_____ --**Copy (3)** Retain on file at the Navy Recruiting Station or Navy Recruiting District for a minimum of 90 days.

All travel receipts: airline/bus/train tickets, taxi or car service (show “zero” balance for lodging receipts)
(Please note, that receipts must reflect the amount paid and the date it was paid)

_____ ***Airline tickets purchased with points or frequent flyer miles cannot be reimbursed.***

_____ Upon enrollment into NAPS, candidates must reapply for a Congressional/Vice Presidential nomination to the USNA. The process should be started prior to reporting to NAPS. Bring a folder which contains documentation of the process including the names and address of your U.S. Senators and Representatives. Have screenshots of online applications and copies of recommendation letters.

SAT/ACT account # and password will be required for all who have previously taken the SAT/ACT exam. Those who have not yet taken the SAT/ACT may be required to register while at NAPS.

Copy of your immunization records (bottom of this document – filled in). (Mail 1 copy by 1 July; hand-carry 2 copies on I-Day)

U. S. Naval Academy Candidate Glasses Prescription Form

Copy of any changes to your medical record since your DoDMERB physical. (Mail 1 copy by 1 July; hand carry 2 copies on I-Day)

Administrative Checklist (Prior-Enlisted Service Members)

The following Checklist items are required for all prior-enlisted service members only!

_____ Prior-enlisted service members must hand carry their Medical and Dental records.

If eligible for advancement: their current command to ensure the following is completed prior to arrival:

- Must read the applicable NAVADMIN that applies to the September Navy Wide Advancement Exam (NWAE)
- Must meet all eligibility requirements listed on the NAVADMIN to include PMK-EE completion
- Must have applicable EVALS in OMPF to be verified and calculated for the exam.
- Must have all applicable AWARDS updated in OMPF and ESR.
- Must have attended applicable LDC to maintain advancement eligibility

(If PMK-EE certificate, transfer EVAL, or awards are not in your record please bring a copy to be verified)

_____ Prior-enlisted Navy service members who have been accelerated advanced at their A-school or C-school to E-3 or E-4 must have that reflection on their record before departure from the schoolhouse.

_____ If possible, **report with a leave balance of approximately 30 days.** Those with insufficient leave will be required to remain at NAPS during leave and post-graduation periods until their leave balance is adequate.

_____ During the year at NAPS and subsequent 4 years at USNA very limited stowage for personal property and household goods is available Government long term storage is not available in connection with orders to NAPS/USNA. Additionally, you will have limited access to your Privately-Owned Vehicle, and no access to a private vehicle while in your first year at USNA.

_____ Must report with **stamped transfer orders.** And all travel receipts – airline/bus/train tickets, taxi or car service (show “zero” balance). A zero balance lodging receipt must be in the servicemembers name. ***Airline tickets purchased with points or frequent flyer miles cannot be reimbursed.***

Financial Checklist

Bring approximately \$200.00 in cash for incidental expenses. *(You may have some delay before receiving your initial paycheck)*

During the Check-In Process, the NAPS staff will enroll you into the Navy's Direct Deposit Program. *(All pay and allowances midshipman candidates will receive while at NAPS will be distributed via this program).*

Direct-entry Midshipman Candidates will receive a basic monthly active duty pay (midshipman pay) that is sufficient to cover necessary and incidental expenses. Prior enlisted service members will receive the base pay of their enlisted pay grade only. *(All additional allowances will be stopped upon their transfer to NAPS.)*

Candidates will receive a biweekly paycheck on the 1st and 15th of each month. This amount must cover routine hygiene and convenience expenses. Travel expenses associated with leave periods, to include post-graduation leave, are the responsibility of the midshipman candidate.

Battalion Activities Fund (BAF): The BAF budget is approved annually and is funded through student payments. The annual fee is typically \$1,900 - \$2,100 and is collected from each midshipman candidate to cover the costs of the physical fitness clothing and equipment, textbooks, and various student activity expenses, including but not limited to battalion trips and graduation events. Candidates will have automatic deductions from their monthly pay established to satisfy this expense. NAPS is unable to set up deductions from non-USN pay, so USMC and Coast Guard students will be responsible for making periodic payments on their own recognizance. *This is a mandatory fee*.

NOTE: Since a large portion of the BAF fee is used to cover up-front costs which are paid off over the course of the year, those who separate (voluntarily or involuntarily) prior to the end of the year will be required to pay off their balance prior to departing.

Military Uniform Issue: All midshipman candidates are required to pay for their military uniforms. The total cost of the military uniform issue for each individual is approximately \$1,900.00.

**NOTE: The Navy Exchange (NEX) provides an interest free loan to cover the cost of uniforms. This loan is paid back throughout the year by the candidate. Those who separate (voluntarily or involuntarily) prior to the end of the year will be required to pay off their remaining balance prior to departing, although some uniform items may qualify for a buy-back at a reduced price.

Scholarships may be used to pay for the BAF fee and uniform expenses mentioned above. Any scholarship amounts above the costs of these fees will be held for use at USNA. If you do not successfully complete NAPS or voluntarily/involuntarily separate from NAPS, a prorated amount will be refunded to the scholarship-issuing agency after settlement of the remaining balance due.

NAPS is not a Title IV, "eligible educational institution" per U.S. tax code. As such student fees are not tax deductible. There is also no code on the FAFSA for NAPS.

Miscellaneous Items

- Alarm clocks are permitted. We suggest that you bring a small battery powered alarm clock. You will be authorized to use electronic devices with headphones, after the Indoctrination Phase of training. Elaborate stereo systems are not permitted.
- You may bring your favorite musical instrument, tennis racket, lacrosse stick, baseball bat or glove with you. Do not bring heavy or bulky equipment such as weights.
- Brief phone calls (not to exceed 15 minutes) will be scheduled 2-3 times during INDOC (typically on Sunday afternoons). Other than for these scheduled calls cell phones are NOT permitted during the Indoctrination Phase of training. Time to write personal letters is set aside each day, as well.
- Male midshipman and cadet candidates are required to maintain a regulation military haircut. Mustaches and beards are not permitted. At the beginning of the Indoctrination Phase of training all males will report with a "close" haircut (shaved head with a #1 guard (1/8 inch)).
- Female midshipman and cadet candidates: will not be required to get their hair cut, but hairstyle and grooming must be in adherence with Navy Regulations. Please use this link for specific styles that may be worn: <https://allhands.navy.mil/Features/Hair/>
- There will be limited time in the morning for hygiene, and hairstyles must follow Navy Regulations from reveille to taps. NAPS Staff members will provide instruction to the female midshipman and cadet candidates on the proper way to wear their hair during I-Day and throughout the Indoctrination period.
- Announcements, information and photos are frequently posted on the "Naval Academy Preparatory School" Facebook page. If you use Facebook you should "like" this page to receive notifications of postings.
- The routine during indoctrination requires adherence to regular meals and hydration. If there are any dietary restrictions which could preclude this please contact NAPS at 401-841-3695 to discuss.
- Gifts of food and packages are not allowed during the Indoctrination Phase of training. However, letters or postcards are strongly encouraged.
- Your mailing address while at NAPS will be:
Midshipman/Cadet Candidate _____
Company _____, Platoon _____ *
Naval Academy Preparatory School
440 Meyerkord Ave.
Newport, RI 02841-1519

*Company and Platoon numbers will be provided on I-Day

Personal Items Checklist

- Running shoes-2 pairs (do not substitute with basketball, tennis or cross-training shoes)
- Personal toiletries
 - Including but not limited to: soap/shampoo, razor, shaving cream, deodorant, 1-month supply feminine hygiene items, lotion, hair products, toothbrush, toothpaste, dental hygiene items. You will be issued basic toiletries but it is recommended to bring extra
- MALES - Solid dark color swim trunks
- FEMALES - solid dark color one-piece swimsuit
- Swim goggles
- Envelopes with stamps
- (8) pair underwear
- FEMALES (6) sports bras, solid color, no logos, no lace, no push-up devices, no excessive padding
- (6) pair dark blue or black solid color compression shorts, should not be visible when wearing PT shorts
- Extra pairs of white athletic socks
- Religious texts if desired (Bible, Quran, etc)

Cosmetics and Jewelry

During the Indoctrination Phase of training the wearing of cosmetics and jewelry while in uniform is prohibited. To support physical training and Navy uniform standards during the Indoctrination Phase, candidates are not authorized to wear bracelets, necklaces, watches, earrings, etc.

Electrical Appliances and Electronic Devices

- Do not bring hair clippers or barber utensils
- Do not bring speakers, TVs, game systems, wifi routers,
- (OPTIONAL) Small hair dryers and electric razors are authorized
- Electronic equipment, (cell phones, smart watches, laptops, etc), will be under the custody of military staff until the Indoctrination Phase of training is complete. During the post-Indoctrination Phase of training the use of personal electronic equipment is considered a privilege and is controlled. Therefore, NAPS faculty and staff may confiscate and secure from use the above-mentioned items or other personal items, if they become a distraction to a midshipman candidate's ability to perform his/her duties.

Basic Recommended Exercise 14 Week Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 20-min - Effort: 4 <i>Cool Down: 5-min easy</i> 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 20-min - Effort: 4-5 <i>Cool Down: 5-min easy</i> <u>Strength:</u> 3x 10 PU w/ 1 min rest 3x 30-sec FP w/ 30-sec rest 3x 30-sec SP w/ 30-sec rest (each side)</p>	Rest	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 20-min - Effort: 4-5 <i>Cool Down: 5-min easy</i> 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 20-min - Effort: 4-5 <i>Cool Down: 5-min easy</i> <u>Strength:</u> 3 x 10 PU w/ 1 min rest 3x 30-sec FP w/ 30-sec rest 3x 30-sec SP w/ 30-sec rest (each side)</p>	Rest
Week 2	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 20-min - Effort: 4 <i>Cool Down: 5-min easy</i> 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 20-min - Effort: 4-5 <i>Cool Down: 5-min easy</i> <u>Strength:</u> 3x 10 PU w/ 1 min rest 3x 30-sec FP w/ 30-sec rest 3x 30-sec SP w/ 30-sec rest (each side)</p>	Rest	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 20-min - Effort: 4-5 <i>Cool Down: 5-min easy</i> 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 20-min - Effort: 4-5 <i>Cool Down: 5-min easy</i> <u>Strength:</u> 3 x 10 PU w/ 1 min rest 3x 30-sec FP w/ 30-sec rest 3x 30-sec SP w/ 30-sec rest (each side)</p>	Rest
Week 3	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 5-min - Effort: 4 6x 1-min - Effort: 8 w/ 1-min between of Effort: 3 <i>Cool Down: 5-minute - Effort: 3-4</i></p>	<p><u>Cardio:</u> 5-min easy warm up 25-min - Effort: 4-5 5-min easy cool down <u>Strength:</u> 4x 10 PU w/ 1-min rest 3x 45-sec FP w/ 30-sec rest; 3x 45-sec SP w/ 30-sec rest (each side)</p>	Rest	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 5-min - Effort: 4 3x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p><u>Cardio:</u> <i>Warm Up: 5-min easy</i> 25-min - Effort: 4-5 <i>Cool Down: 5-min easy</i> <u>Strength:</u> 4x 10 PU w/ 1-min rest 3x 45-sec FP w/ 30-sec rest; 3x 45-sec SP w/ 30-sec rest (each side)</p>	<p><u>Cardio:</u> <i>Warm Up: 5 min easy</i> 20 min - Effort: 4-5 <i>Cool Down: 5 min easy</i> 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>

Week 4	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 8x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 10 PU w/ 1-min rest 3x 45-sec FP w/ 30-sec rest; 3x 45-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 1 time Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 4x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 10 PU w/ 1-min rest 3x 45-sec FP w/ 30-sec rest; 3x 45-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 20 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 5	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 10x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min easy Strength: 3x 15 PU w/ 1-min rest 3x 60-sec FP w/ 30-sec rest; 3x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 1 time Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min easy walk between 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 3x 15 PU w/ 1-min rest 3x 60-sec FP w/ 30-sec rest; 3x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 25 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 12x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min easy Strength: 3x 15 PU w/ 1-min rest 3x 60-sec FP w/ 30-sec rest; 3x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 2x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min easy walk between 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 25-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 3x 15 PU w/ 1-min rest 3x 60-sec FP w/ 30-sec rest; 3x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 25 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 7	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 12x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 2x Cool Down: 5-min</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-</p>	<p>Cardio: Warm Up: 5 min easy 25 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>

			easy		sec rest (each side)	
Week 8	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 6x 2-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 2x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 3x 5-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 30 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 9	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 12x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 2x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 30 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 10	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 6x 2-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 3x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 3x 5-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 30-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 30 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week 11	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 12x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 3x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 30 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 12	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 6x 2-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 3x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 3x 5-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 35 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 13	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 12x 1-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 4x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 5x 3-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 35 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>
Week 14	<p>Cardio: Warm Up: 5-min easy 5-min - Effort 4 6x 2-min - Effort: 8 w/ 1-min between of Effort: 3 Cool Down: 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min easy Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Warmup: Dynamic Only The following exercises for 45-sec w/ 15-sec rest: Burpees; Crunches; Mountain Climbers; USA twists; Side Lunges; 2-min rest Repeat all 4x Cool Down: 5-min easy</p>	<p>Cardio: Warm Up: 5-min easy 5-min - Effort: 4 3x 5-min - Effort: 7 w/ 2-min between of Effort: 3 5-min - Effort: 3-4</p>	<p>Cardio: Warm Up: 5-min easy 35-min - Effort: 4-5 Cool Down: 5-min brisk walk Strength: 4x 15 PU w/ 1-min rest 4x 60-sec FP w/ 30-sec rest; 4x 60-sec SP w/ 30-sec rest (each side)</p>	<p>Cardio: Warm Up: 5 min easy 35 min - Effort: 4-5 Cool Down: 5 min easy 4x 20-sec sprints w/ 1-min rest between - Effort 9</p>

Explanation of Table 1:

PU = Push-ups (Cadence is specified when applicable. Otherwise, execute clean, proper form push-ups as recommended.)

FP = Front plank

SP = Side plank (Always work both sides of the body. Therefore, if the workout calls for 2 sets, you will conduct 4 sets total (2 on each side).)

Workout description example: 6 x 1 minute at 8 out of 10 effort w/ 1 minute at 3 out of 10 effort means you should go hard for 1 minute, then easy for 1 minute and do that 6 times.

All cardio workouts should start with a dynamic warm up:

Lunges with a twist (5 to each side), side lunges (5 to each side), knee hugs (5 to each side), figure fours (5 to each side), straight leg march (5 to each side), hamstring scoops (5 to each side), 10 yard A skip, 10 yard B skip, 10 yard Carioka in both directions.

Cardio workouts are primarily designed to be runs; however, if you are experiencing minor pain in the knees, shins, or feet, you can do these workouts on non-impact cardio like the bike, assault bike, elliptical, or rower.

MINIMUM RECOMMENDED FLEXIBILITY ROUTINE

Before and after each workout you must properly warm-up and cool-down your body to help prevent injuries. Dynamic stretching should always be a part of your warm-up. Static stretching is best to complete after your workout, holding each stretch at the point of “mild discomfort” (but not pain).

Some good stretches to consider doing are:

- Eagles: On your back, take your right leg and try to touch your left hand, holding it for a count of ten. Then roll the other way and try to touch your left leg to your right hand holding for a ten count.
- Reverse Hurdles Stretch: With right leg out and left leg bent at the knee and left foot touching right knee, bend forward reaching for right foot. Hold for 15 seconds. Switch legs and repeat.
- Hip Stretches: Cross right leg over left leg and pull right knee toward left shoulder with left arm stretching right hip. Hold 15 seconds. Switch legs and pull left knee toward right shoulder with right arm. Hold 15 seconds.
- Quadriceps Stretches: Start by lying on your left side, grab your right ankle with your right hand and pull back stretching the quad for 15 seconds. Change legs and repeat.
- Calf Stretches: One leg in front, one leg in back, begin with straight knee, stretching calf muscle. Slowly bend knee to stretch lower leg, hold for 15 seconds. Change legs, repeat.
- Elbow pulls: Bend arm overhead, (touch spine), push elbow back, stretching triceps muscle. Hold for 15 seconds. Switch arms, repeat.
- Arm Cross: Cross arm in front of body, trying to touch elbow to opposite shoulder. Hold for 15 seconds. Switch arms, repeat.
- Butterflies: With feet together, pulled in toward the groin as far as possible, slowly press knees toward ground. Hold in the down position for 15 seconds.
- Hamstring stretches: Spread legs in a “V”. Lean down toward the left leg. Hold for 15 seconds. Back up. Move to the middle, stretching as far forward as possible, hold for 15 seconds. Back up. Stretch toward right leg, hold for 15 seconds.

Privately Owned Vehicle (POV)

Midshipman candidates are authorized to have their Privately-Owned Vehicles (POV) with them while attending NAPS. It is recommended to plan for vehicle storage at the end of the NAPS year as Plebes and 3rd Class Midshipmen at USNA are not authorized to keep vehicles on campus in Annapolis.

At check-in on Induction-Day, midshipman candidates with vehicles will be required to present the following documentation:

- Current, valid, US driver's license that will not expire before June 2027
- Current Vehicle Registration. If registration is in a name other than the midshipman candidate's; provide a notarized letter from the individual whose name it is in authorizing the midshipman candidate to drive the vehicle.
- Proof of Insurance.

(Failure to present these documents during the check-in process, will prevent the Midshipman Candidate from utilizing their POV on base while assigned to NAPS)

IMMUNIZATION RECORD FOR UNITED STATES NAVAL ACADEMY PREPARATORY SCHOOL

Name	SSN	DOB	Phone	Your Age on I-Day	Date you turned 16
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The appointee consents to receiving the required immunizations for induction into NAPS. The appointee will bring **TWO** completed copies of this form along with any updates to this form on I-Day. Do not mail updates. **DO NOT LEAVE IN YOUR BAGS AT I-DAY.** Any vaccines not verified on I-day will be given. Vaccine information sheets are available at <http://www.cdc.gov/vaccines> electronically if you have questions on the vaccines.

Appointee Signature _____

- ****REQUIRED IMMUNIZATIONS: Modifications in requirements can be made based on DOD guidance, CDC guidance and mission needs.******
- Polio (Poliomyelitis)** - At least 3 doses are required to complete the series. Adult IPV booster is required for cadets age 17 or older.
 - Tdap is REQUIRED!!** DTP, DT, Td - Childhood completion or catch up required per ACIP recommendations.
 - MMR & Varicella** - At least 2 doses of each are required. Proof of immunity will be done on I-Day. Do not send proof of immunity.
 - Hepatitis A & B** - REQUIRED. NOTE: Indicate if Twinrix, a combination vaccine, was used for HAV and HBV immunizations.
 - Menactra or MENVEO-REQUIRED.** Menomune will not meet this requirement. One dose of Menactra or Menveo is required after a patient turns 16 years.
 - Bexsero OR Trumenba for MenB will be required.
 - HPV-** for men and women is highly recommended. We will offer and/or continue vaccine series at I-Day. HPV9 is the preferred vaccination.
- If a provider is uncomfortable with the above guidance, the required vaccines will be administered on I-Day at no cost to the midshipmen candidates.**

***** THIS SECTION TO BE COMPLETED BY PATIENT'S HEALTH CARE PROVIDER***NO ATTACHMENTS ACCEPTED - Fill out this form. (PRINT)*****

Tuberculin Skin Test (PPD) Provide documentation of a PPD skin test or QuantiFERON®-TB Gold after Jan 1 of this year. If the applicant has a history of a reactive PPD test, documentation of the medical evaluation to include chest x-ray results and medication prophylaxis must be provided at I-Day.				Date of PPD _____ PPD Reaction READING in mm _____ mm (Record in MILLIMETERS ONLY - not "negative" or "positive") QuantiFERON®-TB Gold results can be attached to this paperwork.			
Polio Mo/Day/Yr	DTP/DTaP Mo/Day/Yr	Td Mo/Day/Yr	Gardasil (HPV4) Mo/Day/Yr	Menactra Mo/Day/Yr	Bexsero Mo/Day/Yr	Hepatitis B Mo/Day/Yr	Hepatitis A Mo/Day/Yr
1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2
3	3	3	3	Menveo Mo/Day/Yr		3	
4	4	Tdap Mo/Day/Yr	HPV9 Mo/Day/Yr	1	Trumenba Mo/Day/Yr	Twinrix Mo/Day/Yr	Cervarix Mo/Day/Yr
5	5	1	1	2	1	1	1
MMR Mo/Day/Yr	Varicella Mo/Day/Yr	2	2	Menomune Mo/Day/Yr	2	2	2
1	1	3	3	1	3	3	3
2	2						

Name _____ Telephone _____ Signature _____ Date _____
This form must be completed and signed by an MD, DO, PA, CNP, or RN. Healthcare Providers may call (410)293-1774 for any questions.

Mail to: Medical Records, NAPS, 440 Meyerkord Ave, Newport, RI 02841. Do not FAX. Due NLT 1 July. Mail one copy and have appointee bring TWO copies of this form to I-Day along with any updates. DO NOT LEAVE IN YOUR BAGS!

*****NAVAL ACADEMIC IMMUNIZATIONS STAFF ONLY: IDAY REQUIREMENTS***NAVAL ACADEMIC IMMUNIZATIONS STAFF ONLY: IDAY REQUIREMENTS***REQUIREMENTS*****

Prev Med for +PPD	PPD after Jan 1	POLIO Adult dose after Age 17 required	TDAP One dose required	HPV 2 nd dose 1 month later, 3 rd dose 6 mon after 1 st Below 15 years 2 doses 6 months apart	MENVEO (One dose of Menveo or Menactra required after age 16) FOR NAPS or Prior service- dose must be in last 5 years	Bexsero (2 nd dose at least 1 month later) Trumenba 2 nd dose 6 months later (otherwise 3 doses required)	HEP A PEDS 1- 18YRS (second dose 6 months later)	HEP A ADULT 19 & UP (second dose 6 months later)	HEP B PEDS 0-19YRS 2 nd dose 1 month later, 3 rd dose 6 mon after 1 st	HEP B ADULT 20 & UP 2 nd dose 1 month later, 3 rd dose 6 mon after 1 st	TWINRIX 18 & UP 2 nd dose 1 month later, 3 rd dose 6 mon after 1 st	N O N E
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Staff review prior to I-Day Initial Front Table Review Initial Final I-Day Review Signature Updated in Genesis

This document may contain information covered under the Privacy Act, 5 USC 552(a) and/or the Health Insurance Portability and Accountability Act (PL104-191) and its various implementing regulations and must be protected in accordance with those provisions. **DO NOT REMOVE FROM MILITARY MEDICAL RECORD NMCLANNA 6230/7 (REV Feb 2017) Enclosure (1)**

U. S. Naval Academy Candidate Glasses Prescription Form

(Required for all candidates who wear glasses or contact lenses.)

Candidate Information:

Name (Last, First MI):	
Social Security Number (required): - -	
Sex: Male Female	Phone #:

Glasses Prescription (To be completed by a licensed eye care provider):

Pupillary Distance (PD) BILATERAL OU		Date of exam:		Eye care provider's signature & license number (including state):	
_____		_____			
millimeters					
SPH	CYL	AXIS	PRISM		
OD:					
OS:					

Instructions:

- Fill out the form completely (including FULL social security number). Have your eye care provider complete the "Glasses Prescription" section.
- Return this form by either fax or e-mail no later than July 01, 2026.
 - Mail all forms completed with prescription to 440 Meyerkord Ave, Newport, RI 02841
- For questions about this form contact the NAPS Medical Dept at 401-841-3695

Important Information For Contact Lens Wearers:

- DO NOT WEAR CONTACT LENSES ON I-DAY.
- You cannot wear contact lenses or civilian glasses at all during Plebe Summer.
- This form will be used to issue military spectacles for use during Plebe Summer. After Plebe Summer is over you can resume wearing contact lenses and/or civilian glasses that meet Navy uniform regulations. If you want to wear contact lenses you must bring your own supply (the Navy does not provide them for you).